

# **HOIST**



## **PTS EXERCISE MANUAL**

# EXERCISE DESCRIPTION

## WORKOUT VARIATIONS

The PTS's versatile design allows you to customize your workout to fit your needs. Enhance your routine by performing an exercise using a different hand position or movement pattern. By varying the way you perform an exercise, you will work your muscles differently.

| BAR GRIPS                                                                           |                                                                                      |                                                                                                         |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
|   |   |                     |
| <b>OVERHAND GRIP</b>                                                                | <b>UNDERHAND GRIP</b>                                                                | <b>OPPOSING GRIP</b>                                                                                    |
| Thumbs point inward, towards each other, in the starting position.                  | Thumbs point outward, away from each other, in the starting position.                | Thumbs point same direction, one hand uses an underhand grip, and the other hand uses an overhand grip. |
| HANDLE GRIPS                                                                        |                                                                                      |                                                                                                         |
|  |  |                    |
| <b>OVERHAND GRIP</b>                                                                | <b>OPPOSING GRIP</b>                                                                 | <b>UNDERHAND GRIP</b>                                                                                   |
| Thumbs point inward, towards each other, in the starting position.                  | Thumbs are parallel, pointing in the same direction, in the starting position.       | Thumbs point outward, away from each other, in the starting position.                                   |

Note:

Some exercises are shown with optional equipment. Please contact your authorized Hoist Dealer or visit [www.hoistfitness.com](http://www.hoistfitness.com) for more information.

# EXERCISE DESCRIPTION

## WORKOUT VARIATIONS

### HAND ROTATIONS



#### Supination:

Rotating your hand with your thumb turning outward during the exercise.



#### Pronation:

Rotating your hand with your thumb turning inward during the exercise.

### ARM MOVEMENTS



#### ALTERNATING

**Alternating:**  
Complete movement, from start to finish, using one arm at a time.

**Reciprocating:**  
Continuous position switching back and forth, one arm in the start and the other in the finish position.

#### CROSS

Start with cables crossed. Begin motion with narrow starting position and complete motion with wide finish position.

#### STRAIGHT

Traditional movement. Hands start and finish at approximately the same distance apart

#### NARROW

**Converging:**  
Hand position starts wide and finishes narrow.

**Diverging:**  
Hand position starts narrow and finishes wide.





## **PTS1000 EXERCISE MANUAL**

# EXERCISE DESCRIPTION

## BENCH PRESS (WIDE GRIP)



**Start/Finish**



**Mid Point**

## BENCH PRESS (NARROW GRIP)



**Start/Finish**



**Mid Point**

## BENCH PRESS (REVERSE GRIP)



**Start/Finish**



**Mid Point**

# EXERCISE DESCRIPTION

## INCLINE PRESS



**Start/Finish**



**Mid Point**

## DECLINE PRESS



**Start/Finish**



**Mid Point**

## ANGLED PUSH UP



**Start/Finish**



**Mid Point**

# EXERCISE DESCRIPTION

## BENT ROW



**Start/Finish**



**Mid Point**

## GOOD MORNING



**Start/Finish**



**Mid Point**

## STIFF LEG DEADLIFT



**Start/Finish**



**Mid Point**

# EXERCISE DESCRIPTION

## ANGLED PULL UP



**Start/Finish**



**Mid Point**

## SHOULDER PRESS



**Start/Finish**



**Mid Point**

## FRONT DELTOID RAISE



**Start/Finish**



**Mid Point**

# EXERCISE DESCRIPTION

## UPRIGHT ROW



**Start/Finish**



**Mid Point**

## SHOULDER SHRUG



**Start/Finish**



**Mid Point**

## STANDING BICEPS CURL



**Start/Finish**



**Mid Point**

# EXERCISE DESCRIPTION

## STANDING REVERSE CURL



**Start/Finish**



**Mid Point**

## PREACHER CURL



**Start/Finish**



**Mid Point**

## WRIST CURL



**Start/Finish**



**Mid Point**

# EXERCISE DESCRIPTION

## FRENCH CURL



**Start/Finish**



**Mid Point**

## BENCH DIP



**Start/Finish**



**Mid Point**

## SIDE BENDS



**Start/Finish**



**Mid Point**

# EXERCISE DESCRIPTION

## SIT UP



**Start/Finish**



**Mid Point**

## KNEE UP



**Start/Finish**



**Mid Point**

## SQUAT



**Start/Finish**



**Mid Point**

# EXERCISE DESCRIPTION

## DEAD LIFT



**Start/Finish**



**Mid Point**

## HACK SQUAT



**Start/Finish**



**Mid Point**

## LEG EXTENSION



**Start/Finish**



**Mid Point**

# EXERCISE DESCRIPTION

## LYING LEG CURL



**Start/Finish**



**Mid Point**

## LUNGE



**Start/Finish**



**Mid Point**

## BULGARIAN LUNGE



**Start/Finish**



**Mid Point**

# EXERCISE DESCRIPTION

## CALF RAISE



**Start/Finish**



**Mid Point**

## POWER CLEAN



**Start/Finish**



**Mid Point**

# **EXERCISE DESCRIPTION**

**THIS PAGE WAS INTENTIONALLY LEFT BLANK.**